Lunch-box revolution

Is your kid sick of boring old sandwiches? Read how 'Top Chef' Dale MacKay injects fun, healthy choices into his son's lunch PAGE 11

ALS' EMRY FACES THE MUSIC

LINEBACKER APOLOGIZES FOR PUNCHING RIDERS' LABATTE PAGE 14

SASKATOON metro®

Monday, October 22, 2012

News worth sharing.

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SPA SHOOTING

Brookfield police Lt. Mark Millard, left, holds a photo of shooting suspect Radcliffe Franklin Haughton as he answers questions at a news conference near a shooting site in Brookfield, Wis., on Sunday. Three people were killed and four others wounded when someone opened fire at the spa near the Brookfield Square Mall. The suspect, the subject of a six-hour manhunt by authorities, was later found dead inside the spa of a self-inflicted gunshot wound, police say. Story, page 5. MICHAEL SEARS/THE ASSOCIATED PRESS

Pricier booze, drier province, study finds

Moderation. The bigger the increase in minimum prices for stronger drinks, the less people drank: Study

Saskatchewan's world-first minimum prices for alcohol prove that strategic pricing can curb drinking significantly, a Canadian study has found.

A 10 per cent increase in price reduced drinking overall by eight per cent. Most significantly, said study author Dr. Tim Stockwell, sales of high-alcohol beers plunged 22 per cent because they cost more than lower-alcohol beers.

"I wanted to call our paper 'Saving Lives and Raising Revenue for Governments,'" he said Friday.

"Here is the best example anywhere in the world so far of somebody trying to price alcohol according to strength. This is highly likely to improve the health and safety of people in Saskatchewan."

Stockwell said researchers already knew several facts: Heavy drinkers tend to buy cheaper alcohol, and younger beer drinkers tend to buy the strongest stuff they can.

The study, published in the American Journal of Public Health, found the bigger the increase in minimum prices for stronger drinks, the less people drank.

When the price of the cheapest strong drinks went up, consumers switched to regular beer, wine or cocktails with lower alcohol content.

"There is a straight-line relationship between price and consumption," said Stockwell, of the University of Victoria's Centre for Addictions Research of B.C. Also contributing to the study was the Centre for Addiction and Mental Health (CAMH) in Toronto.

Saskatchewan, he said, "has been very helpful and very nervous. They're proud of what they've done, but people don't like the price of their favourite drug going up."

The province, which has a government monopoly on alcohol, introduced graduated minimum prices for liquor in 2003, for beer in 2005 and wine in 2008. In 2010, the minimum prices were adjusted and extended to all alcohol.

TORSTAR NEWS SERVICE

Reaction to report

The study is being used as evidence in Scotland to support proposed legislation that would charge a minimum 50 pence ($0.80) for each one per cent of alcohol in any beer, wine or liquor.

- The Scotch Whisky Association is challenging the Scottish government in court over the plan. The governments of Italy, Spain, France, Portugal and Bulgaria have complained to the European Commission.

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Trial

Curt Dagenais CONTRIBUTED

Court to hear appeal in RCMP shooting case

A man convicted of shooting two RCMP officers to death argues mistakes were made at his trial, but the widow of one of the Mounties says the allegations are "absurd."

The Saskatchewan Court of Appeal will hear Curt Dagenais' case Thursday in Regina.

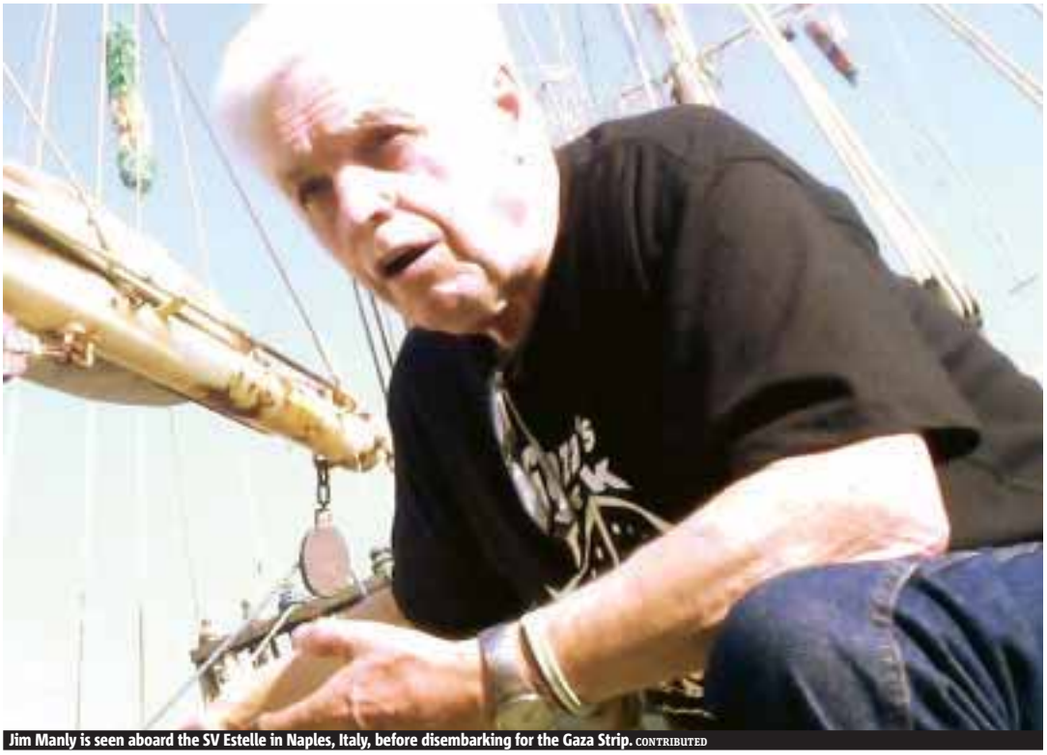
Dagenais was convicted in 2009 of first-degree murder in the shooting deaths of constables Marc Bourdages and Robin Cameron, as well as the attempted murder of Const. Michelle Knopp. The shooting happened in July 2006 near Spiritwood, Sask.

The appeal claims the verdict is unreasonable and cannot be supported by the evidence. It also alleges the trial judge made a mistake by giving Dagenais a life sentence on the attempted-murder conviction.

Dagenais — who court heard had been flagged as a police hater — admitted he shot the officers, but claimed it was self-defence.

The jury heard that the three officers were trying to arrest Dagenais for allegedly assaulting his sister after a family dispute. Dagenais was sitting in his truck outside his mother's house when RCMP arrived. He sped off, sparking a 30-kilometre chase on country roads that ended with a bloody shootout on a remote dirt trail.

THE CANADIAN PRESS



Jim Manly is seen aboard the SV Estelle in Naples, Italy, before disembarking for the Gaza Strip. CONTRIBUTED

Sask.-born politician detained in Israel

Status unknown.
Official says Jim Manly's family hasn't heard from him, and it's unclear when the 79-year-old will be released

Saskatchewan native and longtime NDP parliamentarian Jim Manly was detained by Israeli forces on Saturday for trying to break Israel's blockade of the Hamas-ruled Gaza Strip.

"We are committed to razing the illegal siege of Gaza," said the Saskatoon-born retired United Church minister in a pre-recorded video posted on the Gaza's Ark website, an international organization that co-ordinated the voyage of the SV Estelle to break Israel's embargo and bring humanitarian goods to local residents. Among the 30 people on board were European parliamentarians and Palestinian rights activists.

"We know he's being detained somewhere near Tel-Aviv and that he's in 'good spirits,'" said Nino Pagliccia, Vancouver spokesperson for Gaza's Ark.

Pagliccia said Manly's family has not yet heard from Manly directly and there is still no word on when exactly the 79-year-old will be released.

Israel's Interior Ministry said the activists would be questioned by immigration officials and deported to their home countries within 72 hours.

As of Sunday evening Israel time, Pagliccia said five Greeks, three Spaniards and an Italian national had been released. Three Israelis were also on board, but were sent to a different prison for breaking Israeli law, he said.

On Saturday, the ship was re-directed from its intended Gaza destination to the Israeli port of Ashdod.

"We have this blockade because there are constant smuggling attempts of weapons, munitions that eventually reach the hands of terror organizations inside Gaza," said Israeli military spokeswoman Lt. Avital Leibovich.

Another spokesperson said the ship's contents — including children's books and 40 tonnes of concrete — will be transferred to Gaza through the Israeli-controlled Kerem Shalom crossing.

He added that Israel allows some 50,000 tonnes of goods into Gaza every week.

BRIAN MOSKOWITZ/FOR METRO
WITH FILES FROM THE CANADIAN PRESS

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Final U.S. debate relevant to Saskatchewanians

Energy policies. China relations and Middle East policy will likely dominate, but candidates will also need to take a stance on XL pipeline

JEFF MACKEY
Metro in Regina

On Monday, U.S. President Barack Obama and Mitt Romney will go toe to toe on foreign policy in the final of three presidential debates.

While topics like Libya and the rise of China will likely dominate the discussion, many Saskatchewanians and other Western Canadians will be attentively listening for topics that could affect them.

A major area of relevance for Western Canadians is in the candidates' energy policies.

"Mitt Romney is in favour of what he calls North American energy independence," said Christopher Sands, a senior fellow at the Hudson Institute and an expert on Canada-U.S. relations.

"He is also in favour of the Keystone XL pipeline.... So in that sense he is right on message with what many Western Canadians are concerned about," said Sands.

President Barack Obama has a decidedly different approach to energy.

"On the other hand, the president prefers to focus on alternative energy, which a lot of Canadians are also focused on," said Sands.

The dominant theme of this election, however, has been the U.S. economic recovery. This issue may technically fall under domestic policy but it remains incredibly important to Canadians.

"The reason it matters for Canadians is because the United States is still the overwhelming market for so much of what Canada produces," said Sands.

Can we get along?

That personality factor

An often incalculable factor in Canada-U.S. relations concerns the relationship between the leaders themselves.

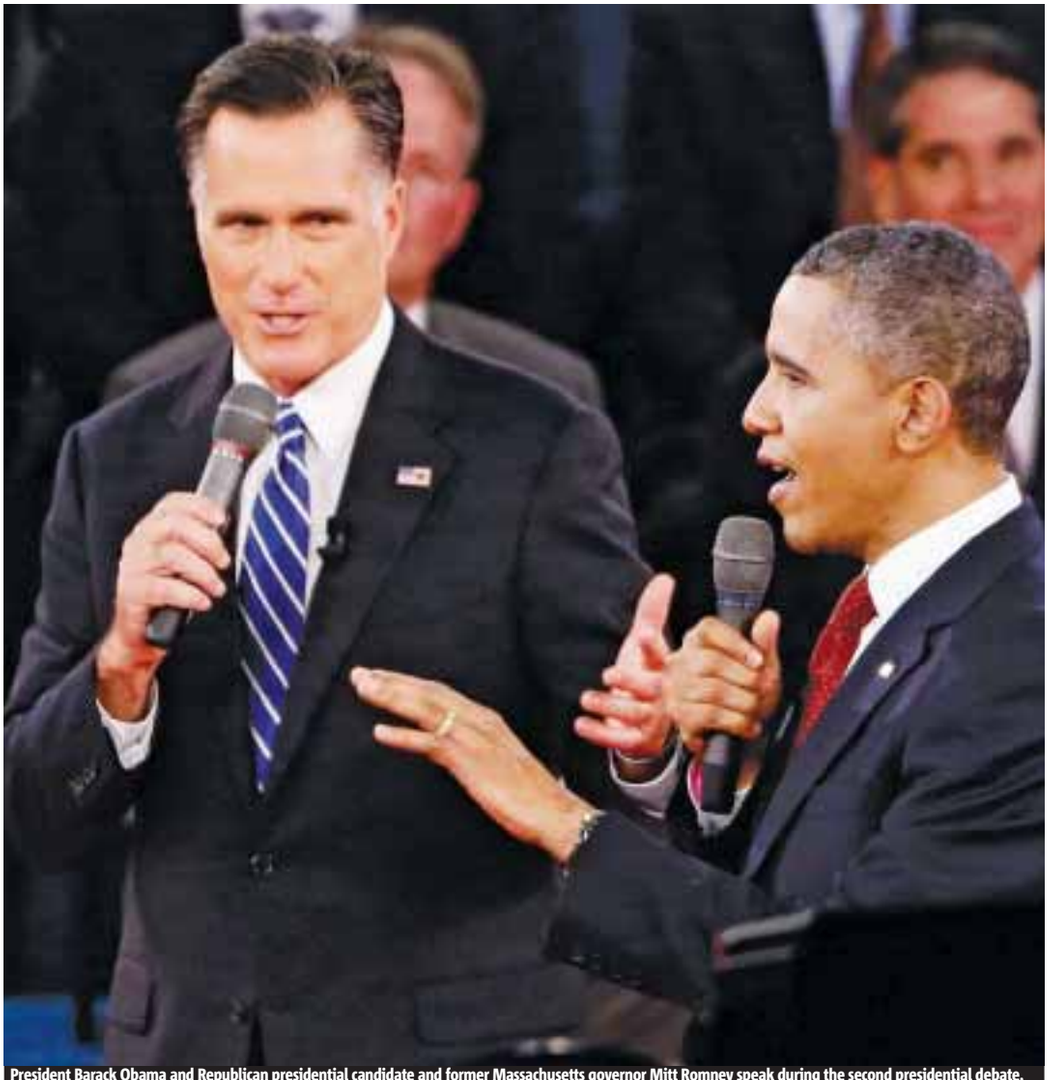
"There is no doubt that presidents either click or don't click with foreign leaders," said Christopher Sands, senior fellow at the Hudson Institute.

"The ones they click with they are eager to spend more time with and do more work with."

This personality factor can play a large role in Canada-U.S. relations. Some, like Brian Mulroney and Ronald Reagan leaders got along well; others, like Trudeau and Nixon, hade a frosty relationship.

"It has been a pleasant surprise that Stephen Harper has gotten on so well with Barack Obama. You wouldn't have guessed that given their politics," said Sands.

METRO



President Barack Obama and Republican presidential candidate and former Massachusetts governor Mitt Romney speak during the second presidential debate, at Hofstra University in Hempstead, N.Y., last week. The two candidates face off in a final debate on Monday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

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Life of Pi film looks 'stunning': Martel

A lot of people thought the epic novel Life of Pi could never be made into a movie. It was too complex, too surreal. And then there's the whole idea of sticking an actor in a boat with a man-eating tiger for a good chunk of the film.

Yann Martel, however, says he thinks director Ang Lee did a pretty good job of pulling it off.

"It's very faithful to the book, it's visually absolutely stunning and it's a whole trip," the Canadian author said in an interview as people lined up to see the film version of his novel at Montreal's Festival du nouveau cinema over the weekend.

Life of Pi, which has sold millions of copies worldwide since it was published in 2001, counts U.S. President Barack Obama among its fans. In a letter to Martel two years ago, Obama described the winner of the Man Booker Prize as "a lovely book — an elegant proof of God, and the power of storytelling."

Most filmmakers shrank from adapting it for the big screen after it was published. Even Martel acknowledges the dense plot has enough material for multiple movies.

Then came Lee, who was undaunted. Taking it on four years ago, he tackled the compelling adventure story of an Indian boy named Pi who is shipwrecked with a ferocious Bengal tiger, and combined the tale with cutting edge 3D technology.

From left: Actor Suraj Sharma, director Ang Lee and author Yann Martel attend the premiere of Life of Pi on Sept. 28. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Martel wrote Life of Pi while living in Montreal and has since moved to Saskatoon.

He loved Lee's previous movies and was thrilled when the director took on Life of Pi.

Life of Pi goes into wide release on Nov. 21.

THE CANADIAN PRESS

North America's first aboriginal saint

Nuns hold images of Canada's Kateri Tekakwitha, the first Native American to achieve sainthood, as they wait for the start of a canonization ceremony celebrated by Pope Benedict XVI, in St. Peter's Square, at the Vatican on Sunday. ANDREW MEDICHINI/THE ASSOCIATED PRESS

Fatal spa shooting may be related to domestic dispute

Restraining order. 45-year-old suspect in deadly rampage had recently been arrested

A man who had been accused of domestic violence and slashing his wife's tires took a gun into the spa where she worked and shot seven women, three fatally, before killing himself, a police chief said.

The shootings set off a confusing, six-hour search Sunday for the gunman that locked down a nearby mall, a country club adjacent to the spa and the hospital where the survivors were taken.

Radcliffe Franklin Haughton, 45, of Brown Deer, Wis. COURTESY OF BROOKFIELD POLICE DEPT./THE ASSOCIATED PRESS

Authorities said it would take time to sort out exactly what happened. At a news conference Sunday night, Mayor Steve Ponto called the shootings "a senseless act on the part of one person."

The chaos started around 11 a.m. at the Azana Day Spa, a two-storey, 9,000-square-foot building across from a major shopping mall. The first officers on the scene found the building filled with smoke from a fire authorities believe was set by the suspect, Radcliffe Franklin Haughton, 45, Police Chief Dan Tushaus said.

Haughton had recently been arrested after witnesses identified him as the person who slashed his wife's tires, police said. He appeared in court Thursday. A four-year restraining order was issued, and Haughton was ordered to turn any firearms over to the sheriff's department.

THE ASSOCIATED PRESS

Obsolete offences

Criminal Code doesn't need big overhaul: Study

A new study of Canada's sprawling Criminal Code found only a handful of irrelevant offences still on the books. The Justice Canada project was intended to determine whether the code has so many obscure, obsolete offences that it needs a major overhaul.

But the study found only five Criminal Code sections with zero charges prosecuted in the decade ending 2006, drawing on court databases.

THE CANADIAN PRESS

Politics. Slew of bills mean big changes for the environment, natives

Over several months of omnibus bills, amendments, regulations and tinkering with longstanding conventions, Ottawa has undertaken a series of adjustments that add up to undeniably profound changes in both environmental and aboriginal policy.

Bill C-45, the 457-page budget omnibus bill tabled this week in the House of Commons, is the latest instalment in what may seem like evolutionary changes.

"It is all about jobs, investment and opportunity," Foreign Affairs Minister John Baird told the House on Friday.

Foreign Affairs Minister John Baird ADRIAN WYLD/THE CANADIAN PRESS

Aboriginal groups and environmentalists, however, say they are deeply disturbed — both with the new directions and the stealthy way those directions were undertaken.

THE CANADIAN PRESS

Harnessing Africa's growth

Africa 2.0. A network of emerging leaders wants to rebrand the continent, encourage entrepreneurship and capitalize on stability

ELISABETH BRAW
Metro World News in London

In Addis Ababa, donkeys and goats graze by a street, with a "Facebook and Internet café" for a backdrop. There are shacks, open pits, garbage pickers — and young entrepreneurs toting iPads.

But Ethiopia is not the only African country with rapid growth. Last year Ghana was the world's fastest-growing economy, according to the Africa Progress Report. Among the others in the world's top 10: Congo, Mozambique, Nigeria, Zimbabwe and the Democratic Republic of the Congo. Welcome to Africa 2.0.

"Africa has one billion people, and will have two billion by 2040," notes Mamadou Toure, a young former JP Morgan banker who now works for the International Finance Corporation.

Quoted

"We know we can't change 55 countries overnight. But many are willing, and the others will follow due to the force of success."

Mamadou Toure, an executive with the International Finance Corporation and a founding member of the Africa 2.0 network of emerging leaders

"It's a very young population. That's a huge potential workforce. And, thanks to democratization and stability, many Africans are returning from the diaspora. These young Africans are better educated, too. And all of this attracts investors as well."

Toure, who was born in Senegal and grew up in France, is one the founders of Africa 2.0, a network of emerging African leaders in politics, business and civil society.

Stability has led to impressive growth in former war zones like Rwanda, whose economy grew by nearly seven per cent last year, powered by tourism and exports of tea and coffee.

"Rwanda, Uganda and Ghana are good cases in point," says Lina Mohohlo, Governor of the Central Bank of Botswana and a board member of the Africa Progress Panel, a group of international leaders monitoring African development.

Developing apps at an Internet café in Kumasi, Ghana. ELISABETH BRAW/METRO

"Their economic growth is underpinned by policy reforms, the gains from diversifying the economies, growing exports related to growing international demand and rising commodity prices. There's no reason why the continent shouldn't sustain this positive development."

In Accra, the capital of Ghana, Vodafone is building a shiny new headquarters. Indeed, a whole new Airport City is rising around the ramshackle airport.

Toure knows Africa's remaining challenges well. "Several years ago, young Africans were starting to move back, but Africa was still the Dark Continent, with frequent coups.

"Now that's changing. Young Africans want to rebrand Africa, introduce best practices, establish a vision for our continent. And we have to make sure our growth is shared. That's why entrepreneurship is so important."

Africa outpaces the world

Of the world's 10 fastest-growing economies, eight are African:

1 Ghana: strengths are agriculture (predominantly cocoa), oil, tourism
2 China
3 Republic of Congo: strengths are oil, minerals, engineering
4 Ethiopia: strengths are agriculture (predominantly coffee), textiles, manufacturing
5 India
6 Mozambique: strength is aluminum
7 Nigeria: strengths are telecommunications, construction, retail, manufacturing
8 Rwanda: strengths are agriculture (predominantly tea and coffee), tourism, minerals
9 Democratic Republic of Congo: strengths are agriculture, minerals, construction
10 Zimbabwe: strength is mining

Canada-EU free trade. Patent drug makers tout research spending as talks wrap up

As trade talks with Europe enter the final stretch, Canada's patent drug industry is making a final push to sell its brand of medicine to Canadians.

This week, Canada's Research-Based Pharmaceutical Companies will release three studies in an effort to show they have kept their word on research spending and that, nevertheless, the situation is getting dire.

One report from the KPMG consulting firm, which will almost certainly be contested by critics, suggests spending by the industry in Canada has been underestimated and is at about the 10 per cent level of sales it promised in the 1980s when the government of Brian Mulroney controversially extended patent protection.

At issue

- Europe wants Canada to adopt its standards on pharmaceutical patents and data protection, which according to a government study would extend the average lifespan of a new drug by 2.66 years.

Another study estimates there are currently 46,000 jobs connected to the brand-name drug industry and they are among the best paying in the country.

The public relations push dovetails with the last scheduled negotiation session for the Canada-EU free trade agreement, where patent protection is a key issue. Talks are slated to end this week with the aim of signing a high-level deal by the end of the year.

THE CANADIAN PRESS

Wireless. Wave of brazen phone thefts in U.S. leaves authorities, carriers scrambling

In San Francisco, a tech-savvy city teeming with commuters and tourists, the cellphone has become a top target of robbers, who use stealth, force and sometimes guns.

Nearly half of all robberies in San Francisco this year are cellphone-related, police say, and most occur on bustling transit lines. One thief recently snatched a smartphone while sitting right behind his unsuspecting victim, then darted out the rear of a bus in mere seconds. Another robber grabbed an iPhone from an oblivious bus rider — while she was still talking.

And, in nearby Oakland, Calif., city council candidate Dan Kalb was robbed at gunpoint of his iPhone Wednesday after he attended a neighbourhood anti-crime meeting. "I thought he was going to shoot me," recalled Kalb, who had dropped his phone during the stickup. "He kept saying, 'Find the phone! Find the phone!'"

These brazen incidents are part of a ubiquitous crime wave striking coast-to-coast in the U.S. Thefts of cellphones — particularly expensive do-it-all smartphones — are costing consumers millions of dollars and sending law enforcement agencies and wireless carriers nationwide scrambling for solutions. THE ASSOCIATED PRESS

By the numbers

40%

New York City Police report that more than 40 per cent of all robberies now involve cellphones. And cellphone thefts in Los Angeles, which account for more than a quarter of all the city's robberies, are up 27 per cent from this time a year ago, police said.

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t.donald@shaw.ca

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Cert. Powerskating Instructor
lindaboryski@shaw.ca

Ethical funds

Oilsands must cut risk potential, investors say

An international group of ethical funds with investments in Alberta's oilsands is concerned the industry's environmental performance could be creating financial risk.

"We recognize the economic significance of the resource," the group says in a statement to be released Monday. "But (we) are concerned that the current approach to development, particularly the management of the environmental and social impacts, threatens the long-term viability of the oilsands as an investment."

The statement, which was co-ordinated and released by the Boston-based group Ceres, is signed by 49 funds. Some are controlled by labour and church groups, such as the United Church of Canada and the Canadian Labour Congress. There are also public-sector pension funds from both sides of the border and private funds from Canada, the U.S. and Europe. Together they control about $2 trillion, some of which is invested in companies active in the oilsands. THE CANADIAN PRESS

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POWER UP OR HUNKER DOWN? — YOU DECIDE

URBAN COMPASS
Paul Sullivan
saskatoon@metronews.ca

This is a tale of two cities.

After that, it bears little resemblance to Dickens.

The cities aren't Paris and London. And, as if you needed reminding, I ain't no Dickens.

But it is the time of Regina and Saskatoon, and it's the best of times. For a change, the worst of times is in the past and in this week's civic election the voters of the two cities get to make a choice that will determine if the good times are here to stay.

This is not really about the individuals who have thrown their hats into the ring for mayor or council; most of them are merely players in an epic play, which goes something like this.

Next year has finally arrived in Saskatchewan, and Saskatoon and Regina are reaping the whirlwind. Mega-projects like the stadium in Regina and River Landing in Saskatoon represent the optimism and ambition of civic leaders who have spent years trying to kick-start a sluggish economy, and believe they finally have the scope and resources to build that shining citadel on the Prairies.

Big city dreams

Civic leaders ... have spent years trying to kick-start a sluggish economy, and believe they have finally found the scope and resources to build that shining citadel on the Prairies.

Then there's everyone else. In Regina, eight out of nine candidates have problems with the current alternative, as it's too rich for a town that has had to work hard to make ends meet and has a quarter-billion-dollar civic-pension deficit to face down.

The stadium will cost an estimated $664 million, all in with financing charges. That's nearly twice what Regina pays annually for everything. No one will deny that the Roughriders are right up there with potash in terms of importance, but that number is enough to give everyone pause to go hmm.

Still, what's the alternative? The variations on the theme of small government promised by the Gang of Eight versus the shining citadel represented by Michael Fougere, the frontrunner, who looks to be everyone's idea of a big-city mayor.

In Saskatoon, there's a similar scenario. Incumbent Don Atchison has taken the elastic off the bankroll and wants to build his own shining citadel, from River Landing to new bridges and a new $200-million civic-operations building. It's a vision that trusts in prosperity to fuel more prosperity.

The alternative: fiscal responsibility and no potholes, courtesy of Tom Wolf. "We have to invest in things we already have and maintain them better," said Wolf in the last debate, outlining a vision that owes a great debt to Depression-era caution. Feast is followed by famine, so let's shore up the ramparts and hunker down. Life is good enough.

Just so you know, in this exciting tale, the hero who resolves the plot is not the noble Sidney Carton. It's you, the voter.

You don't have to lose your head to do a far, far better thing. You just have to turn up on Wednesday.

Not-so-smart cookie

That sweet tooth could rot your brain, study says

Bad news sugar lovers: A diet high in fructose won't just make you fat, it may also make you stupid, according to research out of California.

A steady high-fructose diet disrupts the brain's cognitive abilities, leading to poor learning and memory retention, says a study by Fernando Gomez-Pinilla, a neurosurgery professor at the David Geffen School of Medicine at UCLA and Rahul Agrawal, a visiting UCLA post-doctoral fellow from India.

"This type of diet ... (affects) the transmission of information across cells ... learning and memory and practically any type of brain function depends very much on how transmission is transported across cells," Gomez-Pinilla said in an interview with Torstar News Service.

Research has already proven a high-fructose diet leads to a slew of health concerns, including obesity, diabetes and fatty liver.

TORSTAR NEWS SERVICE

Rage against the machine

KEITH CROWLEY/SOLENT

'Wild' life

Angry elk vents fury on family car

This rampaging elk started attacking passing cars after having a fight during mating season.

The fuming animal, which had been clashing with other male elk, lashed out at tourists who had stopped to watch the beasts at Yellowstone National Park in Wyoming.

It is rutting season and male elks (bulls) are trying to attract the attention of female elks (cows) to breed with.

"In the process of trying to win over a harem, the elks battle each other," the photographer, Keith Crowley, explained. METRO

Photographer's viewpoint

"In their heightened state, they will also attack anything they see as a threat to 'their' cows, including pedestrians and vehicles."

Wildlife photographer Keith Crowley, 51, from Wisconsin
Crowley said drivers couldn't resist slowing down to take a look at the gathering of around 60 elks one evening

Elk

- **Population in Yellowstone.** The elk is the most abundant large mammal found in Yellowstone: more than 30,000 during the summer and roughly 15,000 to 22,000 in the winter. Elk have frequented Yellowstone for more than 900 years.
- **Rut is a riot.** During the breeding season (September to mid-October), bulls coat themselves in mud to "perfume" themselves to attract mates. Bulls spar each other with antlers and cry out a series of low-pitched bellows (known as bugling) to establish their dominance over a certain region.

By the numbers

47

The number of vehicles that were damaged by one bull, Crowley counted. The nature photographer said visitors are unaware that, by slowing down their cars to catch a glimpse of an elk, they can cause an attack. "Despite an abundance of signs warning of the danger and park rangers shouting instructions to keep moving, most drivers simply slowed down," he said. "They appeared unaware that the bulls might actually attack their vehicles."

Metropolitan Panel

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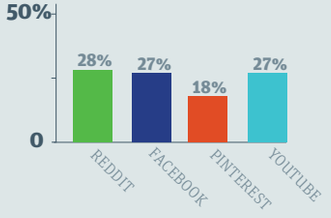
What's the best time-waster website?



Twitter

@rleslie82: I'm looking for some outdated propane tanks for an art project! Please RT #yxe

@MEGyxe: Looking over my @SaskCS music like a true #choirnerd. #yxe #yxe-music

@TdotRegina: Just took a nice walk along the River here in #yxe. Beautiful fall day :)

@wapimaskwa69: Vote on October 24 in the Civil Election because goddamnit IT DOES MATTER #yxe #yxevotes

@CordeiroRick: If the NHL wants to make money then they gotta put the teams in markets that are already Crazy for Hockey. Quebec City, Saskatoon to name 2

@tim_co_op: I thought going to Walmart in Saskatoon would be super depressing but it was great because they were playing that Natalie Merchant song

metro
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RuPaul, host of RuPaul's All Stars Drag Race, won't admit to any favourites on the show. GETTY IMAGES

RuPaul gets revved up for an all-star Drag Race

Go big or go home.
Queen of reality TV brings former contestants back to avenge their losses and vie for top prize

NED EHRBAR
Metro World News in Hollywood

After four seasons of fierce competition — with a fiercely loyal cult following — drag superstar RuPaul is giving 12 former contestants another shot at glory with RuPaul's All Stars Drag Race. But don't expect the outspoken host and judge to admit to any favourites.

So what's new on the show this season?
Well, obviously we have the all-stars, who are basically the Avengers of drag. These are the biggest and the best. They are avenging the fact that these are the girls who did not win the top prize, so they've got something to prove. Even the weakest competitor has an incredible story to tell, because these are kids who come from backgrounds where they've been ostracized and shut out, and they've persevered. We all live in a patriarchal, masculine culture, and doing this kind of work, to go against the grain like this, is nothing short of heroic.

Do you have any favourites among the all-stars?
I'm the mommy, I cannot play favourites. Of course I have favourites, but I can't tell anybody (laughs). I have the best job in the world. I've always loved queens. I've always loved people who dance to the beat of a different drummer, and I've found myself in the best job in the world... I love creativity. I love to take something apart and rebuild it and see what makes it work. And when we're producing this show, before the cameras roll, we're putting together an ensemble of creative people to be our competitors, but we're also putting together these challenges that are really kind of life challenges in disguise — wrapped up in pretty, funny packages. So I love being creative, and that's what this job allows me to do. And also I get to usher these incredible entertainers into the big time, because our show is seen in 25 different countries around the world, so they become world-famous. Even the girl who's eliminated first becomes world-famous.

What do you think Canadian audiences are going to get out of it?
Well, they're going to get a whole lot of American attitude from queens who basically really are the tastemakers and phrase-makers of the world. When I was growing up, gay people were the arbiters of style, of lingo, and that's still true today, but not as much as it used to be, with all the blogs and everything. There's a lot of clever people out there. But our show gives you a whole vernacular, a whole attitude and actually a whole take on life that is courageous and adventurous.

For more info...

- **Watch it.** RuPaul's All-Stars Drag Race series will air exclusively on OUTtv on Mondays, premiering Oct. 22 at 9 p.m. ET/PT. Followed by the behind-the-scene series Untucked: All-Stars.

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Lindsay Lohan calls police on her dad

Lindsay Lohan apparently can't win with either of her parents.

The actress, whose recent argument with her mom led to police intervention, reportedly called the police on dad Michael Lohan, who had turned up at her Beverly Hills home with a group of friends to stage an intervention, according to TMZ.

Michael told the website that his daughter is in need of treatment and has been surrounding herself with "a bunch of alcoholics and drug addicts."

Police arrived in response to a complaint that Michael and his posse were trespassing, and they soon dispersed.

Lohan recently loaned money to her mom last week to help pay off her massive debts.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

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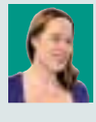
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Timberlake and Biel by the numbers



THE WORD
Dorothy Robinson
scene@metronews.ca

Justin Timberlake married his first wife, actress Jessica Biel, on Friday night in southern Italy.

Although the wedding was on lockdown harder than Britney Spears' virginity circa 1998, some details have leaked out. Here's a quick look at what it took for Biel to become Justified.

150: Number of guests, including Andy Samberg, Jimmy Fallon, 'N Sync singer Chris Kirkpatrick, actress Beverley Mitchell and Timbaland.

2: Number of times the couple has split in their five-year courtship.

5: Number of stars of the Borgo Egnazia, the luxury resort they took over for the festivities. The complex is located in Ostuni, Puglia, in the heel of Italy.

6.4: Cost, in millions, of Friday night's nuptials, according to Radar Online. This figure covered private jets, white flowers throughout the hotel complex, a fireworks show and the resort costs.

Parenting

Packing made perfect

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel can be a lot of work, particularly if parents are responsible with not only packing for themselves, but for their kids as well.

Inevitably, when you reach your destination, at least one of the kids will pull a T-shirt out of their suitcase and say, "I'm not wearing this."

Put your kids in charge of their own suitcases. Teaching your kids to pack for themselves not only takes the stress off mom and dad, but it trains them to be responsible for their own belongings, which is invaluable as they grow up and head off to summer camp, sleepovers and eventually post-secondary education.

Even young kids who can't read can do their own packing. Give them a list using pictures of what they need to pack, and if you want a specific T-shirt or pair of pants, make them the right colour.

When they're older, help them create their list or at least describe what types of clothes you think they'll need for the different activities they'll be doing.

They'll learn how to avoid not packing enough and over-packing. If they forget something, it'll be a great lesson to take more care the next time.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH

So, they're still not eating their lunches?

Kitchen lessons. Food Network chef Dale MacKay shares his tips on getting your kids to eat — and love — what you pack for them

DAN CLAPSON
life@metronews.ca

It's almost the end of October and they're still brining home uneaten sandwiches?

Vancouver-based chef and Top Chef Canada Season One winner, Dale MacKay, offers his tips on getting kids of all ages inspired in the home kitchen and what you should be popping into your kids' lunch boxes.

When you were young, what was your favourite thing to have for lunch?
A good peanut butter and jelly sandwich, some fruit and some yogurt!

Now, as an adult, what's the most important thing to remember when assembling a lunch for your son, Aydan?
Try to hit all the food groups. Pack some raw vegetables, fruit. If you're going to go (with) a snack, then choose good quality granola bars that don't have a lot of sugar.

Does your son help make lunch/spend time in the kitchen with you?
He's starting to a lot more now. We cook dinners at home a lot ... I try to involve him way more often. Whether Aydan's cutting vegetables, pan frying or whatever it is, he's getting a lot more at ease.

Chef Dale MacKay and his son Aydan. SUBMITTED

What's a great fundamental cooking process or meal to start with when getting kids involved in the kitchens?
Chopping (ingredients) with you. Whatever you're cutting, whether it's celery or carrots, you can snack on it while you're cutting and explain why we're doing something a certain way, why you're using something … why the process is the way it is.

Any tips on how to get a kid to eat a fruit/vegetable they don't like?
That's hard. Some kids certainly don't love fruits and vegetables … but, take apples (for example) and go through different varieties of them. If you give a child a Granny Smith apple, he may never want to eat one again because they're so tart. If you get a Pink Lady apple, it's sweeter. That's what I did with Aydan and now he loves them so much.

As a parent, what's one junk food/fast food item you hate to see kids eating?
Too much candy! I rarely ever purchase anything that's straight sugar. I don't ever really give Aydan pop, so he doesn't crave it because he hardly ever gets it.

Kitchen Tips

Here are Dale's tips for getting kids of all ages involved in the kitchen.

- **Young children (5 - 8).** Bring them grocery shopping with you and ask for their help while making a meal.
- **Tweens (9 - 12).** Watch the Food Network with them and check out online cooking videos.
- **Teenagers (13 - 18).** Take them to an array of restaurants and search out different flavours found in ethnic cuisines. Then assign one night a week for them to cook.

Exclusively online

metronews.ca/voices

- **Couch potato.** Mommy hasn't watched this much TV since the height of her Full House addiction circa 1993. Follow along with the comedic (mis) adventures of mommyhood online at metronews.ca/voices

Forget the ham sandwich

DAN CLAPSON
life@metronews.ca

Chef Dale MacKay's recipe for homemade falafels is quick, easy and will taste great in your kid's sandwich or wrap come lunchtime!

Ingredients

Yogurt Mint Sauce
- 1/4 cup (50 ml) plain yogurt
- 2 tbsp (30 ml) fresh chopped mint
- 1/4 tsp (1 ml) each salt and pepper

Falafels
- 1/4 cup (50 ml) coarsely chopped red onion
- 2 cloves garlic, sliced
- 1 tbsp (15 ml) parsley leaves
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/2 cup (125 ml) fresh bread crumbs
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) cayenne pepper
- 1 tbsp (15 ml) olive oil

1. In a small bowl, combine yogurt, mint and 1/4 tsp (1 ml) each salt and pepper. Set aside.

2. In a food processor, finely chop red onion, garlic and parsley. Add chickpeas, bread crumbs, coriander, cumin, baking powder, salt and cayenne. Pulse until a coarse mixture forms. Divide and shape into 4 balls. Flatten to thinness you desire

3. Heat oil in a nonstick skillet over medium heat. Add patties and cook for 3 – 4 minutes per side, or until golden. Patties will be fragile. Turn carefully with 2 spatulas.

This recipe makes four servings. DAN CLAPSON

4. Serve warm with a dollop of yogurt sauce on top.

RECIPE COURTESY OF DALE MACKAY

PB & J sandwich makeover

Most kids — and many adults who want to remember being kids — love peanut butter and jelly sandwiches. Problem is, this childhood staple is high in fat and sugar. So it's time for a remake of that beloved sandwich.

The first fix is the bread. Skip the fluffy white bread and go straight to a multigrain or whole wheat.

The second fix is the jelly. Even the healthiest varieties are jammed with sugar. So start with a base of all-fruit spread, but add a healthy dose of real fresh berries. This gives the sandwich just the right touch of sweetness.

The final trouble spot in the typical PB&J is the peanut butter. Opting for a natural, unsweetened peanut butter gets you on the right track. But even regular peanut butter is loaded with fat. So you want to use it sparingly. But that doesn't taste nearly as good as really loading it on.

The solution? Mix together peanut butter and cooked instant oatmeal. Crazy? Maybe a little. But oatmeal has a nutty, pasty quality to it already. Mixed with peanut butter, it makes a delicious sandwich filling. Of course, be sure not to buy sweetened instant oatmeal. And this recipe works just as well with any of the peanut butter alternatives.

1. In a small microwave-safe bowl, combine the oatmeal, milk and salt. Microwave on high for 1 minute, or until boiling. Allow to cool for 5 minutes, then stir in the peanut butter.

2. In another small bowl, stir together the berries and fruit spread.

3. Spread the peanut butter-oat mixture on one slice of bread and the fruit mixture over it. Top with the second slice of bread.

THE ASSOCIATED PRESS

Updated Peanut Butter and Jelly Sandwich

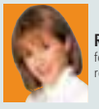
This recipe serves one. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tbsp instant oatmeal
- 3 tbsp non-fat milk
- Pinch salt
- 1 tbsp natural unsalted peanut butter
- 1/4 cup chopped fresh berries
- 2 tsp all-fruit spread
- 2 slices multigrain or wholewheat bread

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Desserts at restaurants always look delicious and taste even better. Their nutritional information, however, doesn't look quite as nice.

Milestones The Cookie

1,300 calories/ 69 g fat/ 36 g saturated fat/ 113 g sugar
With gelato, which is less calories and fat than ice cream, and chocolate and caramel sauces, this cookie holds a day's worth of fat and calories.

Equivalent

One innocent sounding The Cookie from Milestones is equal in calories to three and a half medium strawberry sundaes from Dairy Queen.

Milestones Ibarra Chocolate Cake

334 calories/ 18 g fat/ 9 g saturated fat/ 30 g sugar
Even with gelato, chocolate sauce and whipped cream, this Mexican chocolate lava type of cake contains less calories, fat and sugar.

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Peanut Butter S'mores Bars: Sweeter snacking

The point of these Peanut Butter S'mores Bars was to create a simple snack with the flavour of s'mores, but with the texture, ease and portability of puffed rice treats, which the kids could enjoy after school.

You end up with a layer of marshmallow-rich crushed graham crackers topped with chocolate. To make things interesting, you can then turn them into Peanut Butter S'mores Bars by adding (wait for it): peanut butter. If your kids aren't peanut butter inclined, just leave it out.

1. Coat 9-by-9-inch baking pan with cooking spray.

2. In saucepan over medium-low, add butter, marshmallows and peanut butter. Stir until it is completely melted and smooth.

3. Remove pan from heat and add graham cereal and graham crackers. Stir to coat. Using buttered fingers, press mixture into prepared pan. Set aside.

4. In microwave-safe dish, melt chocolate bits by heating in 30-second intervals, and stirring in between. Spread melted chocolate over bars and sprinkle with the peanuts. Allow to cool and then cut into bars.

THE ASSOCIATED PRESS

This recipe makes 12 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 tbsp unsalted butter
- 10-oz package marshmallows
- 1/4 cup smooth natural peanut butter
- 3 cups graham cereal, lightly crushed
- 1 sleeve of graham crackers (9 sheets), lightly crushed
- 1 cup semi-sweet chocolate bits
- 1/2 cup lightly salted peanuts

It's books before booze for many a student

Rethink the drink.
Author takes a shot at on-campus alcohol abuse policies

BRUCE WALSH
life@metronews.ca

After studying student alcohol use for more than 15 years, Auburn University professor Christopher J. Correia is encouraging administrators to take the judgmental sting out of their drinking policies.

This week, Wiley publishing will release Correia's latest book — College Student Alcohol Abuse: A Guide to Assessment, Intervention and Prevention —which he hopes will become a new policy model for campuses across the country. "The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate," says Correia.

"There are plenty of students with problems, but they don't all have the same problem.

There are short-term problems, perhaps just one particular night, and then there are longer standing problems. We don't serve students well when we try to treat every problem the same way."

Correia co-authored Student Alcohol Abuse with researchers from the University of Memphis and Brown University, along with input from other prominent drug and alcohol analysts.

"It's a public health issue," says Correia. "We need to move away from abstinence-based, restrictive in-patient solutions, and realize there are lots of other treatment models out there — models that are more reality-based than thinking that college students are never going to drink."

An awesome time sans-alcohol: Learners and liquor aren't as quick to mix as we might think. ISTOCK

Not so quick to mix

"The research firmly points out, repeatedly, that the majority of college students either don't drink at all or drink in a way that most people would consider to be safe and quite moderate."

Christopher J. Correia
Auburn University professor

Positive shift

Changes on the horizon

- While alcohol abuse remains a problem, Correia says the situation is improving. "If you look at the numbers of students that engage in binge drinking, or at the numbers of deaths, injuries and accidents, it's hard to be super optimistic. Those numbers have remained fairly stable. However, we are seeing a positive shift: There are more interventions out there that have empirical support. That means administrators can start to have more confidence in their options."

Make 'round-the-world work

Destination desk.
Discovering the best ways to do business in a faraway land

It's no surprise that company cost-cutting puts added pressure on business travellers, but that shouldn't mean compromising on comfort. Take a look at these helpful tips from Days Inns Canada to make your next business trip stress-free:

What to pack

The most important rule for any business traveller is to pack lightly. Be practical and only take items essential to your trip. Review luggage specifications with your carrier and if you do need to check a bag, be sure to have important documents in your carry-on.

Comfort counts

Why not pass on the four-star hotel and go for a two or three-star that provides clean, comfortable rooms, exceptional service and the essential hotel amenities all at a reasonable price? Many hotels offer a free breakfast and most have a fitness room or pool, so you can keep fit on the road.

Get rewarded

Check with the hotel you're considering to see if they offer a loyalty rewards program designed with the traveller in mind. Look for participating partners and you might earn valuable points or miles on every qualified stay.

Keep in touch

It's a good idea to send your business itinerary to a co-worker, friend or relative, so someone will always know your whereabouts. Be sure to carry a cell phone when travelling alone and of course sending an email from the road to keep people informed is a good idea.

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MLB. Vogelsong has them singing in San Fran

Ryan Vogelsong and the San Francisco Giants saved their season once more, pushing St. Louis to a winner-take-all Game 7 in the NL championship series.

Vogelsong struck out a career-best nine batters in another post-season gem, and the Giants avoided elimination for a second straight game by beating St. Louis 6-1 on Sunday.

Marco Scutaro delivered a two-run double and Buster Posey drove in his first run of the series with a groundout in the first inning as San Francisco struck early.

Giants starter Ryan Vogelsong delivers in Game 6 of the NLCS on Sunday in San Francisco. GETTY IMAGES

San Francisco's Matt Cain and St. Louis' Kyle Lohse are set to pitch in Monday's Game 7. THE ASSOCIATED PRESS

NHL. Daly says CBA framework is in place

Time is running short to save a full NHL season.

But with just days remaining to strike a new collective bargaining agreement and preserve a full season, deputy commissioner Bill Daly indicated he felt there was a deal to be made.

Asked Sunday whether there was a chance for the sides to get something in place by Thursday's deadline, Daly responded by saying, "That's more of a question for the union than it is for me.

"We think there's a framework of a deal on the table," he added.

A number of observers agree after watching the league and NHLPA move closer together in proposals delivered over the last week. THE CANADIAN PRESS

Quoted

"There are multiple frameworks for a deal on the table. We gave them three good ones on Thursday."

NHLPA special counsel Steve Fehr

CIS — Canada West

Huskies hunker down to climb above .500 in Edmonton

The University of Saskatchewan Huskies got the best of the Alberta Golden Bears on Saturday afternoon in Edmonton.

Huskies quarterback, Chase Bradshaw went 17-for-28 with 225 yards, one touchdown and three interceptions on the way to a 27-10 victory.

Receiver Kit Hillis had seven catches for 111 yards and one touchdown, while Shane Buchanan rushed 19 times and picked up 61 yards for the Dogs.

It was a record-tying afternoon for Saskatchewan's Bryce McCall who tied the CIS mark for career interceptions with 21.

The Huskies are now 4-3 on the season going into next weekend's home date with the 2-5 University of British Columbia Thunderbirds. METRO

WHL

Blades fail to bounce back against Broncos

After falling to the Broncos in Swift Current on Friday night the Blades were looking for redemption at home Saturday against the Everett Silvertips.

The Blades struck first when Darren Dietz got the Blue and White on the board at 10:21.

The Dietz goal was the only goal of the period, while Silvertips got the lone second-period goal.

Early in the third Everett took the lead and didn't look back. Dietz found the net one more time, but it wasn't enough as the Blades fell 3-2.

The Blades (5-9) now enter a stretch of nine days without a game. METRO

Als' Emry apologizes for 'mindless act' in Regina

The Mosaic Stadium crowd mocks Alouettes linebacker Shea Emry as he is escorted off the field after being given a game misconduct during the first half of Saturday's game. LIAM RICHARDS/THE CANADIAN PRESS

CFL. Montreal linebacker says low blow on Labatte isn't true reflection of who he is as player or person

Montreal Alouettes linebacker Shea Emry has apologized on Twitter for punching Saskatchewan Roughriders lineman Brendon Labatte.

Emry was ejected late in the first half of Montreal's victory in Regina on Saturday for what appeared to be a punch below the belt to Labatte after a Roughriders touchdown.

The 26-year-old apologized to fans of both teams as well as to the CFL and commissioner Mark Cohon.

"I apologize to the @cfl @sskroughriders and @MTLAlouettes fans for my actions yesterday," Emry tweeted on Sunday. "It was a mindless act that isn't admirable.

"That's not the person I am off the field nor is it an (example) I want to set for youth that are watching me on the field. #CFL.

"I apologize to @canadiancommish (Cohon) for putting the @CFL in a light it doesn't need to be viewed in. I'm a better person than that shows."

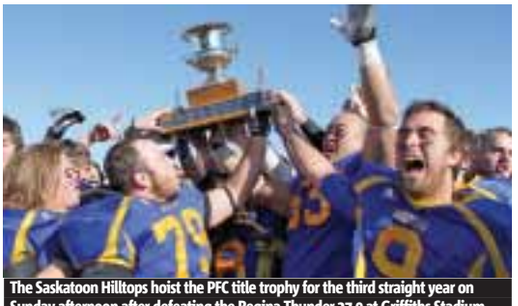
Emry, who had been named defensive and Canadian player of the week in the previous week, is likely to face further disciplinary action from the incident. THE CANADIAN PRESS

In without a win

Anthony Calvillo ran in two touchdowns and passed for another as the Montreal Alouettes (10-6) defeated the Saskatchewan Roughriders 34-28 on Saturday.

- The Riders (8-8) missed a chance for the second straight week to clinch a playoff berth, but the Hamilton Tiger-Cats' loss to the Calgary Stampeders later Saturday guaranteed Saskatchewan at least a crossover spot.

Hilltops take PFC title over Thunder



The Saskatoon Hilltops hoist the PFC title trophy for the third straight year on Sunday afternoon after defeating the Regina Thunder 37-0 at Griffiths Stadium. MORGAN MODJESKI/METRO

For the third straight year, the Saskatoon Hilltops have won the Prairie Football Conference title.

The Hilltops won their 15th PFC title overall after defeating the Regina Thunder 37-0 at Griffiths Stadium on Sunday afternoon.

"These are the toughest games of the year, when you get into a championship or the PFC finals, and we came out and played our best game," said Hilltops head coach Tom Sargeant. "There's no question about it, the intensity, the passion and the energy was just exactly where you'd want it as a coach."

Regina Thunder head coach Erwin Klempner said it was not the game he predicted.

"There's no doubt that it was very disappointing. That was not the outcome we expected; we expected it to be a lot closer game," said Klempner.

"Their defence played outstanding and we didn't have an answer for it," he said.

The Hilltops next face the Ontario Football Conference champion London Beefeaters on Sunday in Saskatoon for the Jostens Cup. The winner advances to the 2012 Canadian Bowl in B.C. MORGAN MODJESKI/METRO

PFC championship

Hilltops	Thunder
37	0

Horoscopes

♈ Aries
March 21 - April 20
The odds may have been against you of late, but you refused to give up and you will soon reap the rewards. Today, you should make it a priority to patch things up with people with whom you've fallen out.

♉ Taurus
April 21 - May 21
The Sun's change of sign tomorrow will give you the chance to help other people, but you have got to be realistic and accept that you cannot help everyone. Do what you can when and where the opportunity arises.

♊ Gemini
May 22 - June 21
Start winding things down a little. You have been moving at top speed for quite a while so now you need to balance things out and give both your body and your mind time to recover. They need it.

♋ Cancer
June 22 - July 23
You need to resolve a family issue that has been causing you sleepless nights, and you need to resolve it now. As of tomorrow, you won't find it so easy to talk to loved ones — nor will you have the time.

♌ Leo
July 24 - Aug. 23
No doubt you have a lot to say for yourself — as always — and no doubt it is well worth listening to. But don't hog the conversation today. Let others have their say. You may be surprised how much you learn.

♍ Virgo
Aug. 24 - Sept. 23
You still have time to sort out a problem that has been bugging you but you have got to be quick. If you leave it much longer it will cause you more than just anguish. It will also cost you some serious money.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if time is running out, but there is no point rushing to catch up because you will only make mistakes. What's done is done and cannot be undone. It is time to move on.

♏ Scorpio
Oct. 24 - Nov. 22
One of the most difficult phases of the year is coming to an end and by this time tomorrow, it will feel as if a great weight has been lifted from your shoulders. Maybe it has or maybe it was never really there.

♐ Sagittarius
Nov. 23 - Dec. 21
As usual, you have been taking risks and cutting corners, and you have largely gotten away with it. However, the Sun's change of signs tomorrow means you need to tread carefully from now on.

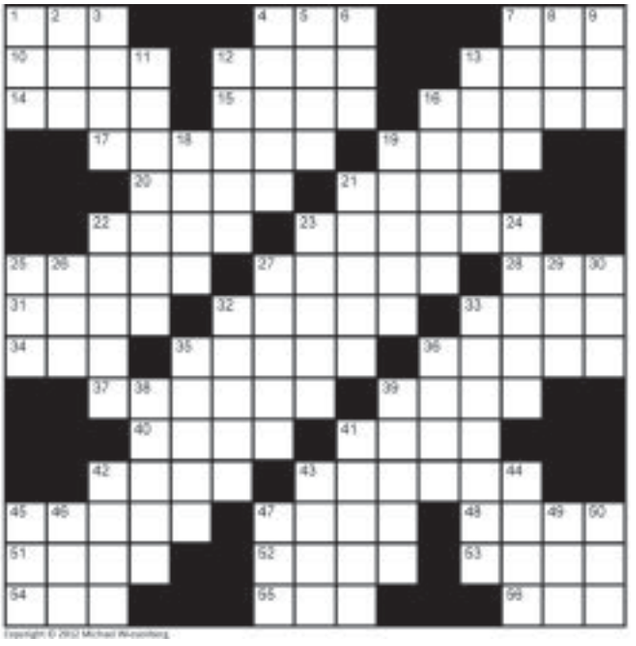
♑ Capricorn
Dec. 22 - Jan. 20
What seemed like a setback last week will now reveal itself to be a blessing in disguise, so don't feel too upset if you were denied something you desired. And stop worrying what the future will bring. It's all good.

♒ Aquarius
Jan. 21 - Feb. 19
If you define your goals clearly over the next 24 hours, you will be given the chance to realize them before the year comes to an end. Ignore what other people expect of you. Do only what feels right to you.

♓ Pisces
Feb. 20 - March 20
You are coming to the end of a difficult phase, but you have to admit that the lessons it taught you were valuable, maybe priceless. Here's another one: Don't overreact and do anything stupid. SALLY BROMPTON

From a Bank to a Failure

BY MICHAEL WIESENBERG



Across
1. BMO competitor
4. Animal enclosure
7. Alta. neighbour
10. Of the mouth
12. Charity event
13. "Arrivederci!"
14. Completely naked
15. Mounties, in short
16. Accompaniment for fajitas
17. Conservative Party
19. Conflagration
20. Pecans and pistachios
21. Plant used to make poi
22. Impertinent talk
23. Canadian or Laurentian ___: geological area that covers over half of Canada
25. 39.37 inches
27. Hiker's trail marker made of stones
28. ___ de Cologne
31. Like some fine wines or cheeses
32. Chess pieces
33. Black or yellow dogs, for short
34. Canadian name for what is called soda in the US
35. Ontario and Great Slave
36. Vice ___: in opposite order from that stated
37. Divvied up
39. Low voice
40. Aardvark delicacies
41. Can of worms, perhaps
42. Black and wet
43. 1,000 kilogram units
45. Black-and-white "bear"
47. Vassal
48. Peruse
51. Quaker ___ cereal
52. "___ I care" (I don't care) (2 wds.)
53. Belle's boyfriend
54. Pete Townshend and Roger Daltrey's group, with "The"
55. Yukon's Logan and BC's Robson: abbr.
56. Satirical magazine that's been around since the 1950s

Down
1. Steal
2. Woman's undergarment
3. Grocery store vehicle
4. Footsteps
5. Shade trees
6. 40 winks
7. World's longest river
8. Existed
9. "One ___ customer" (2 wds.)
11. Montréal singer-poet Cohen best known for "Suzanne"
12. 32-Down, familiarly
13. Christmas song
16. Ambulance alert
18. Deceptive manoeuvre
19. County exhibitions
21. Loses weight, with "down"
22. Paces
23. Cut, as lumber
24. Honeys
25. You might go to the CAA for one
26. Bigheadedness
27. Baked desserts
29. Belly muscles, for short
30. Can. neighbour
32. Liberal ___
33. 14th PM Pearson (1963-68) (2 wds.)
35. Sri ___, formerly Ceylon
36. Like Narcissus
38. Poker players hold these
39. Many visitors to Calgary come because of its proximity to this
41. Early Frankenstein's Monster player Karloff
42. Fascinated by
43. Exam
44. Appear
45. "Right in the kisser!" preceder
46. What a dentist wants you to say
47. *I Am* ___: 2001 Sean Penn movie
49. Small battery
50. Failure

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2	4	3			
	2			5			6	
	1	3				4	7	
		7				3		
4		1		2		8		7
		9				1		
	4	8				6	9	
	3			9			1	
			5	8	6			

Friday's Sudoku

Sharability

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